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Obama vows to continue strikes

U.S. will be 'relentless' in the fight against Islamic State militants, president says PAGE 12

High earners in low-income housing

Calgarians making in excess of $100,000 continue to dwell in subsidized units PAGE 3

HE'S GOT A CERTAIN JE NE SAIS QUOI ABOUT HIS TWEETS

MINISTER BAIRD'S TWITTER ACCOUNT UNDER SCRUTINY FOR NOT CONTAINING ENOUGH FRENCH PAGE 10

Ferguson echoes in Calgary

Racial tension.
Local says issue of race needs to be addressed at home as well

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Cassandra Bullis has spent countless hours at her computer in recent days blogging and sharing articles on a crisis unfolding more than a day's drive from her Calgary home.

Like so many around the world, the 20-year-old University of Calgary student has watched in shock as hundreds have taken to the streets in Ferguson, Mo., to protest the shooting death of 18-year-old Michael Brown, an unarmed black teen shot dead by a white police officer.

Some nights, the gathered crowd has been hit with tear gas and rubber bullets. The police, meanwhile, claim to have been the target of rocks, bricks and even Molotov cocktails.

"You see the cops with these massive guns, pointing them at civilians … huge guns," Bullis said, describing her perspective on the unfolding chaos. "That wouldn't calm me down. I'd be scared, I'd want to know what the hell they're doing."

Bullis felt the need to do more and became inspired after watching hundreds march the streets of Halifax on Tuesday in a show of solidarity with Ferguson. She is now organizing her own rally but so far has only had a handful of people sign on for the event, due to start at 10 a.m. Saturday at city hall.

Bullis fears that many in Calgary are only aware of surface-level issues. Underneath, she says, there are important issues of race that need to be addressed — issues that Canada is not completely immune to.

"It's not as bad here," she said. "But (racial profiling) does occur occasionally."

Calgary police spokesperson Kevin Brookwell said city service members have also been keeping an eye on the tense standoff in Fergusson. He noted the city service maintains a full-time diversity resources unit and is proactive in attempting to diffuse any tensions among minority communities before they surface.

He pointed out that while there was a local Gaza protest that turned violent July 18, members have reached out to both Israeli and Palestinian supporters and been able to keep things relatively peaceful since.

"We know that people come from other countries where the relationship between the citizenry and the police may not have been a good experience," Brookwell said. "So for us, it's important that you have that liaison with those diverse communities.... You find out what their issues are, what there concerns are."

Brookwell said the service strives to recruit members from all races. A common criticism of the Ferguson police department has been that it is made up almost entirely of white members, despite the larger community being two-thirds African-American.

Bullis, meanwhile, spent Tuesday evening making posters for the rally alongside co-organizer Simone Engel. She said even if only a few people turn out, they intend to be loud and turn the heads of passersby.

"Hopefully people will take notice and ask us what's going on," she said.

Simone Engel, left, and Cassandra Bullis are organizing a Calgary rally in support of the residents of Ferguson, Mo., and to call for justice for Michael Brown, an unarmed black teen killed by a white police officer in that town. JEREMY NOLAIS/METRO

At a glance

- For more information on the Calgary Rally to Support Ferguson and Justice for Mike Brown, head to metronews.ca/calgary.

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Great plate debate

Winning licence plate revealed

Online polling to choose a new Alberta licence plate has closed and the most realistic of three designs has come out on top.

Kathleen Range of Service Alberta says the photo-like image of a field and mountains got almost 50 per cent approval.

Not far behind at more than 45 per cent was a blue-and-yellow design with mountains and wheat.

A more stylized version finished a distant third at six per cent. Range says 160,577 votes were cast.

She says there could still be changes to the design before the plates are released next spring.

The new plate options caused a ruckus when the government unveiled them in July. Critics, including local designers, were angry that they were all created by U.S. conglomerate 3M.

And the Opposition Wildrose party pointed out that the province's longtime slogan "Wild Rose Country" was replaced by the web address alberta.ca. The party said it was a politically motivated slight by the governing Progressive Conservatives.

Service Alberta Minister Doug Griffiths denied that allegation.

Even the three candidates vying to become the next PC leader and premier found themselves caught up in the great plate debate.

THE CANADIAN PRESS

This new licence plate design got the most votes. CONTRIBUTED

Affordable housing is a struggle for the city. Mayor Naheed Nenshi said earlier this year Calgary needs 4,000-5,000 more units to meet demand. METRO FILE

High-earners still using affordable housing: CTF

'Get out': Watchdog. Units held by those making over $80K as thousands in need remain on waiting list

JEREMY NOLAIS
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Calgarians earning in excess of $100,000 — even $120,000 — continue to dwell in subsidized units while thousands in need of an affordable place to call home sit on a waiting list, says a taxpayer watchdog.

New data from the Canadian Taxpayers Federation indicates that while some progress has been made in shuffling high earners out, 84 tenants registered with the Calgary Housing Company (CHC) make over $80,000 per year. Of those, 31 earn more than $100,000 and 13 earn in excess of $120,000.

The tenants don't qualify for the subsidization granted to low-income residents but they are holding up spaces while 3,000 others sit on a waiting list for access to affordable housing, noted Derek Fildebrandt with the federation.

"Two words: get out," he said to the high-income dwellers. "It doesn't take Aristotle to figure out that what you're doing is unethical."

Fildebrandt said the current provincial Landlord and Tenancy Act prevents CHC from evicting residents. It's believed many initially qualified for subsidized housing and then saw their incomes rise over time.

Coun. Evan Woolley, who sits on the CHC board, said it's positive that people living in affordable housing are "moving along the continuum" and are now able to provide for themselves. But he agreed with Fildebrandt that it's time for some residents to move on.

"If you're making $100,000 do you really want to live in Calgary housing? ... It's not ideal. There's people that need it more," Woolley said.

Service Alberta spokesperson Jessica Johnson said CHC has assured the ministry that steps have been taken to prevent such issues in the future. CHC made changes to lease agreements in 2011, moving to a fixed-term arrangement that sees such agreements renewed every year.

Some improvement

The Canadian Taxpayers Federation did concede that there has been some improvement since they last received data from the Calgary Housing Company on high-income earners living in their units.

- In 2013, 18 CHC tenants were making between $120,000-$170,000 and 123 were making more than $80,000.
- CTF also launched a petition Wednesday calling on the premier to evict high earners from CHC housing.

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Get fired up for Expo Latino

Latino singer Wil Campa performs Wednesday at the Expo Latino opening ceremonies in Calgary. The festival will take over Prince's Island Park from Friday to Sunday. KEN VAN DE WALLE/FOR METRO

AHS tried to polish its image, says NDP

The New Democrats have released an internal Alberta Health Services report that they say shows the health super board was using a consulting company to try to improve its image.

NDP health critic David Eggen says the paper discussed the need for the agency to distance itself from the governing Progressive Conservatives to avoid political scandal.

Eggen says the report, which was acquired under freedom-of-information legislation, was ordered by the board of AHS and partially completed at a cost of $25,000.

But it was scrapped last summer when Health Minister Fred Horne fired the board over bonuses that were paid to executives.

Eggen and Wildrose health critic Heather Forsyth call the report a waste of money and say the best way to improve the government's reputation would be to improve health care.

Alberta Health officials were not immediately available for comment.

Eggen says the report shows that AHS is nothing more than a smokescreen for the government and its health-care decisions.

"This report shows that AHS only exists to shield the government from the problems that Alberta families have all the time in the health-care system," he said Wednesday. THE CANADIAN PRESS

Councillors' workload is too much to handle: Report

Lost in Notation. The Manning Foundation says city council members lack adequate time and resources

KEN VAN DE WALLE
calgary@metronews.ca

Your city councillor is overworked and underresourced, according to a Manning Foundation report released Wednesday.

Lost in Notation, co-authored by Peter McCaffrey and Jeromy Farkas, analyzed the workload of Calgary's councillors and came up with results many have already quietly suggested was the case.

According to the report, data suggests that councillors don't have the time or resources to deal with the current workload in a meaningful way.

"The reading councillors have to do is beyond what can be reasonably expected of any professional," said McCaffrey. "It's unnecessary and unreasonable."

From Oct. 28, 2013 to July 28, 2014, councillors took 498 hours to read the public agenda, the report states. This is compared to the 206 council-sitting hours.

Peter McCaffrey, co-author of a new report called Lost in Notation, shows off the amount of reading a city councillor has to do for each meeting. KEN VAN DE WALLE/FOR METRO

Councillors are given an average of 60 documents, which is 18.5 hours of reading time, for each council session, though this number can be upwards of 50 hours, says the report.

Resources to handle the overwhelming workload were also at issue in the report. Despite having 76,426 to 96,483 constituents, a councillor may not have more than two full-time staff.

The report makes several recommendations about how to fix the problem. The first recommendation is to allow at least one more full-time staff member per councillor to help with policy research and council meeting preparation.

Another solution presented is to have any required reading available a week before the council meeting, having it available online and having it machine readable and easily searchable.

This would give councillors enough time to fully read the documents and allow citizens to easily find and research the documents as well, the report says.

More online

For more news, visit metronews.ca

Councillors react

"We have a lot to do. Some of us work seven days a week, so we take time off whenever we can. I wouldn't say overworked, though some wards are busier than others."

Ray Jones, Ward 5

"I would agree with the Manning (Foundation) on that. More resources would certainly help, also reviewing our decision-making process."

Druh Farrell, Ward 7

"We put in on average 60 to 80 hours a week, and that goes from events to meeting with residents to council meetings to reading the 900-to-1,000-page agendas we get. We have our plates full."

Shane Keating, Ward 12

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Ed McNally. Big Rock Brewery's legendary founder dies at age 89

Alberta craft-beer legend and founder of Big Rock Brewery, Ed McNally, passed away Tuesday, according to the brewery's website. He was 89.

The Lethbridge-born McNally didn't start the popular brand of beers until 1985 at the age of 60. Today, Big Rock is the second-largest Canadian-owned brewery.

Prior to that, McNally enjoyed a career as a journalist, editor and lawyer, according to the Big Rock Brewery website.

McNally was married to wife Linda and had four children.

Ed McNally. METRO FILE

His philanthropy was also well-noted. He earned several prestigious awards, including the Order of Canada in 2005. METRO

Canadian contest

Inglewood, Kensington among list of great place nominees

Two of Calgary's trendiest neighbourhoods are in the running to be Canada's favourite place.

Voting for the fourth annual Great Places in Canada contest — run by the Canadian Institute of Planners — started Wednesday, and the northwest Calgary neighbourhood of Kensington and southeast community of Inglewood are among the nominees. Voting goes until Sept. 25, with winners announced in November. METRO

Source of Alberta E. coli outbreak still a mystery

Dr. Chris Sikora, AHS medical officer of health, said the source of a recent E. coli outbreak remains unknown. METRO FILE

Significant spike. Province dealing with 122 cases in four and a half weeks, while it only had 96 cases all of last year

RYAN TUMILTY
Metro in Edmonton

Alberta has had more E. coli cases in the last four and half weeks than it did in all of 2013, and the source of the outbreak is still a mystery.

Medical officer of health Dr. Chris Sikora said so far across the province there have been 122 cases between July 15 and Aug. 19.

He said that's a significant spike in a short period of time.

"To put that into context, all of last year across the entire province we had 96 cases," he said.

Sikora said they're asking patients about their eating history and trying to figure out a source of the outbreak.

"We have looked at a lot of possibilities. We have looked at a lot of different avenues, but we haven't been able to determine one thing that is causing this," he said.

Sikora said it's not unusual for the source to go unidentified. The strain of the bacteria is unique to Alberta, and he said that means it's likely something being produced here.

"This is probably foodborne, and the food is likely something (that) is produced and distributed locally in Alberta," he said.

He said in the meantime people should ensure they're cooking meat thoroughly, washing fruits and vegetables well and washing their hands often.

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The province says it needs a couple more years of data on distracted driving charges before deciding on a change in penalties. METRO FILE

No penalty increase for distracted driving — yet

More data needed, province says.

Many, including police chief, say $172 fine doesn't go far enough

Alberta Transportation officials say awareness of the perils of distracted driving is only starting to rev up and plan to collect more data on three-year-old legislation before deciding whether to jack up fines or add demerits.

A leading Calgary traffic cop told Metro last week that he sees people "driving with their heads down" every time he pulls up to an intersection. Staff Sgt. Paul Stacey pledged that the city service would be boosting enforcement against those talking on the phone and texting behind the wheel just in time for the school year's start in September.

But Stacey's boss, Chief Rick Hanson, and many others have said the $172 fine for a distracted-driving ticket doesn't go far enough. The law introducing the fine came into effect Sept. 1, 2011.

Still, Christine Way, press secretary for Alberta Transportation Minister Wayne Drysdale, said her department would ideally like to collect five years worth of data on the impact of the legislation before making any major changes.

"Ultimately, it does take time to achieve the behavioural changes we're looking for, and we'll continue our public education and awareness efforts as part of our strategy to reduce distracted-driving-related collisions on Alberta roads and highways," Way said in an emailed statement.

Two of the three candidates in the ongoing race to replace ex-premier Alison Redford also said the law's effect needed investigation but hammered the brakes before committing to tougher penalties.

This week, former transportation minister Ric McIver, now a candidate for the Tory leadership, said it "might be" time to up the fines or add demerits but added education could still be the best route.

Meanwhile, fellow Tory leadership candidate Thomas Lukaszuk said he first wants to understand how heavily the current law has been enforced.

JEREMY NOLAIS/METRO

Compliance too low?

Nearly a year ago, Ric McIver, then serving as provincial transportation minister, said it was time to consider adding demerits or increasing fines for inattentiveness behind the wheel.

- "The compliance levels we believe are very low," McIver told Metro in October 2013. "Look at the people stopped at the red light and see how many have a phone up to their ears."

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U.S. attorney general tells Ferguson he understands their mistrust of the police

Eric Holder. Top Obama official recalls incident in New Jersey when he had run-in with the cops

U.S. Attorney General Eric Holder sought Wednesday to reassure the people of Ferguson, Mo., about the investigation into the shooting death of a black 18-year-old by a white police officer. He said he understands why many black Americans do not trust police, recalling how he was repeatedly stopped by officers who seemed to target him because of his race.

Holder made the remarks during a visit to the St. Louis suburb that has been wracked by more than a week of unrest since the Aug. 9 shooting of Michael Brown. The Obama administration intended the trip to underscore its commitment to civil rights in general and the Ferguson case in particular.

The attorney general remembered how he was stopped twice on a New Jersey highway and accused of speeding. Police searched his car, going through the trunk and looking under the seats.

"I remember how humiliating that was and how angry I was and the impact it had on me," Holder said during a private meeting with about 50 community leaders at the Florissant campus of St. Louis Community College.

Holder also met with federal officials investigating Brown's death and with Brown's parents.

While living in the Georgetown neighbourhood of Washington, Holder was once running to catch a movie with his cousin when a squad car rolled up and flashed its lights at the pair. The officer yelled, "Where are you going? Hold it!" Holder recalled.

His cousin "started mouthing off," and Holder urged him to be quiet.

"We negotiate the whole thing, and we walk to our movie. At the time that he stopped me, I was a federal prosecutor. I wasn't a kid," he said. THE ASSOCIATED PRESS

Keys to 'beautiful' B.C. town up for grabs

There's no need to put up "For Sale" signs in front of houses in Bradian, B.C. Only four people live in the mountain community and they're the ones selling all 22 houses there. While the 20-hectare town is short on conveniences, real-estate agent John Lovelace notes that the scenery of the interior mainland is hard to top. "It's beautiful," he says. The town and all its houses can be yours for $995,000. PETER EDWARDS/TORSTAR NEWS SERVICE

CSEC

Report: Canadian spy agency violated privacy policies

Canada's electronic spy agency intercepted — and kept — several private communications of Canadians last year in violation of internal policies on personal information.

In his annual report, the watchdog that keeps an eye on Communications Security Establishment Canada says while many of the 66 intercepts involving Canadians were handled properly, some were not.

Ottawa-based CSEC monitors foreign communications of intelligence interest to Canada and exchanges information with similar agencies in other countries.

CSEC insists it targets only foreign email, telephone and satellite traffic. However, it acknowledges it cannot monitor global communications in the modern era without gathering some Canadian information. THE CANADIAN PRESS

Egypt

Jailed Canadian journalist in Cairo appeals sentence

The family of an Egyptian-Canadian journalist imprisoned in Cairo says lawyers have filed an appeal in an effort to secure a new hearing. Mohamed Fahmy was found guilty on terrorism-related charges in a trial that many observers criticized as a sham.
THE CANADIAN PRESS

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Minks hijinks. Animals freed from Quebec farm at heart of alleged abuse

As many as a few thousand minks could be on the loose in Quebec after someone broke into a fur farm and released the animals.

The farm is at the heart of allegations of animal mistreatment.

Provincial police say they are investigating after the overnight release of the minks. Spokeswoman Joyce Kemp says the owner noticed Wednesday morning that the minks had been released from their pens.

A spokesman for the Forests, Wildlife and Parks Department says the exact number of minks on the lam is unclear but that there could be a few thousand.

Animal advocates like the Montreal SPCA and Humane International Canada had called on the government last week to seize the animals because of their poor health and substandard living conditions.

The province chose to keep the animals under close supervision at the facility and work with the owner.

THE CANADIAN PRESS

A farm south of Montreal is seen in this undated handout photo. Someone broke into a similar operation in Quebec overnight and released an unknown number of minks. THE CANADIAN PRESS

Minister Baird's tweets not bilingual enough?

Probe. Official language watchdog looks into complaint that MP posts too much in English

Canada's language watchdog is investigating Foreign Affairs Minister John Baird's Twitter account following a complaint that the Conservative MP posts most of his messages in English without enough French.

The probe by official languages commissioner Graham Fraser has puzzled officials in Baird's office and department.

"We are surprised that the official languages commissioner has chosen to investigate the minister's personal Twitter account that falls outside of the scope of the act," said Baird's spokesman Rick Roth. "The minister's personal Twitter account is just that: his personal account. That said, he tweets from that account in both of Canada's official languages."

Baird, who represents an Ottawa riding in Parliament, uses his Twitter account regularly to inform Canadians, using a mix of messages about government business and personal observations.

For example, this week he tweeted in both English and French about the conflict between Israel and Hamas.

In recent weeks, some of his tweets have included English-only messages about the death of actor Robin Williams and his return home from a trip to get a cup of Tim Hortons coffee.

Fraser told Baird's department in a July 31 letter that it was looking into the Twitter account to determine whether the government was respecting the "spirit" of federal language legislation.

TORSTAR NEWS SERVICE

Official Languages Act

The Official Languages Act, adopted in 1969, requires the federal government to protect services in both English and French and promote the vitality of minority communities in both languages across the country.

Foreign Affairs Minister John Baird's Twitter account is being investigated after a complaint that not enough of his tweets are in French. MARKKU ULANDER/AFP/GETTY IMAGES FILE

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Toronto Zoo visitors bypass barrier, get too close to giant panda

The Toronto Zoo is investigating "an isolated incident" in which visitors bypassed a bamboo barrier and got too close to a five-year-old giant panda, which was briefly separated from the public by only a chain-link fence.

The security breach happened on Sunday evening and was captured on a cellphone video by a 25-year-old man who was visiting the zoo with his fiancée.

Andrew Fedurko said he accidentally walked into an off-limit area, assuming it was part of the exhibit.

"We walked into an enclosed area to the right of the cage," he said, adding that his fiancée was leaning against the chain-link fence when a panda suddenly appeared from around a corner.

"It didn't look like it was going to jump at us necessarily, but I'm not a panda expert," he said.

Fedurko said once he realized how close they were to the animal, they stepped back and he captured other visitors on video.

The footage shows visitors leaning up against the chain-link fence, with some putting their hands up against the fence while the panda is nearby.

Da Mao is one of two prized giant pandas on a 10-year breeding loan from China as part of a conservation partnership. The pandas will be in Toronto for a five-year term, set to end in 2018, at which point they will be relocated to the Calgary Zoo.

A zoo spokeswoman said visitors had bypassed a bamboo barrier — approximately 4.5 metres high — that had been closed and latched, but there was no padlock on it, which is zoo protocol. THE CANADIAN PRESS

Da Mao eats bamboo at the Toronto Zoo in this file photo. NATHAN DENETTE/THE CANADIAN PRESS FILE

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This November 2012 file photo shows American journalist James Foley as he covered the civil war in Aleppo, Syria.
COURTESY NICOLE TUNG, FREEJAMESFOLEY.ORG/THE ASSOCIATED PRESS

Obama vows U.S. 'will be relentless'

Killing of American journalist. President's remarks affirm U.S. will not stop attacks on Islamic State militants

The United States stood firm Wednesday in its fight against Islamic State militants who beheaded a U.S. journalist in Iraq, pledging to continue attacking the group despite its threats to kill another American hostage.

The U.S. military continued its airstrikes against the group as U.S. President Barack Obama denounced the group as a "cancer" threatening the entire region.

"We will be vigilant and we will be relentless," he said.

Calling for a global response to the group that now controls territory in both Iraq and Syria, Obama condemned the group's execution of journalist James Foley, whose death he said had left America heartbroken. In forceful remarks, Obama accused the Islamic State of torturing, raping and murdering thousands of people in "cowardly acts of violence."

"ISIL speaks for no religion," Obama said, using an alternative name for the Islamic State. "Their victims are overwhelmingly Muslim, and no faith teaches people to massacre innocents. No just god would stand for what they did yesterday and what they do every single day."

Since a video of Foley's beheading was released Tuesday, the U.S. military has pressed ahead by conducting nearly a dozen airstrikes on Islamic State targets in Iraq.

The beheading marks the first time the Islamic State has killed an American citizen since the Syrian conflict broke out in March 2011.

THE ASSOCIATED PRESS

#ISISMediaBlackout

Social-media sites try to block video

Twitter and some other social-media outlets are trying to block the spread of gruesome images of the beheading of journalist James Foley by Islamic State militants, while a movement to deny his killers publicity is also gaining momentum. In a tweet, CEO Dick Costolo said his company "is actively suspending accounts as we discover them."

Twitter users who oppose spreading the images are using the hashtag #ISISMediaBlackout.

However, in Europe on Wednesday, tweets could still be found linking directly to the footage on some video-sharing sites.

THE ASSOCIATED PRESS

Beheading video. Foley's executioner spoke with 'London English' accent

Islamic militants are using a beheading video to send a chilling message — not just through the act, but also through the messenger.

The black-clad fighter who appears to kill journalist James Foley speaks with an English accent, underscoring the insurgents' increasing use of Western militants to mobilize recruits, terrify opponents and project the image of a global force.

He is the latest in a string of international jihadis — Britons, Australians, Chechens, Chinese and Indonesians — to appear in propaganda for the Islamic State group.

U.S. officials have confirmed the video is authentic, an act of revenge for U.S. airstrikes in northern Iraq. In Britain, the investigation focuses on the masked attacker.

Linguists described the man's accent as "multicultural London English," spoken by many young, inner-city residents from a variety of ethnic backgrounds.

"They clearly wanted to use a fluent English speaker to ensure the clip was widely used in the U.S. media," said Peter Neumann, the director of the International Centre for the Study of Radicalization in London. "An American would have been ideal, but there still aren't many American fighters in the conflict."

THE ASSOCIATED PRESS

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Joanie Pelzer poses with her dog Hubbell, a nine-year-old Chihuahua, in New York in May. DANA HUMPHREY/THE ASSOCIATED PRESS

Must love dogs

Is a dog eating your meal a deal-breaker?

Then this new breed of online dating site may not be for you

On these dating sites, a passion for pets will help you find more than just puppy love.

Sites like PetsDating.com and YouMustLoveDogsDating.com have found a new niche as singles flock to computers and smartphones to find relationships, connecting dog owners to potential mates who enjoy long walks in the dog park and slobbery canine kisses as much as they do.

Many dating sites cater to religious, cultural and political preferences but won't focus as heavily on interests like pets, music or travel, said Karen North, a professor of social media at the University of Southern California's Annenberg School of Journalism.

When Joanie Pelzer signed up with a dog-friendly online dating service a few years ago, she was honest about her chihuahua — he likes people more than other dogs, craves attention, steals food and can't stand to ride in the backseat of a car.

Even a man who loved animals as much as she did couldn't keep up with her dog's quirks. On their first date, her chihuahua, Hubbell, stole the man's breakfast as they drove from New York City to Long Island. They only had one more date.

"I still wonder if Hubbell didn't have something to do with that," said Pelzer, 47, an actress and entrepeneur, who met the man on PetsDating.com.

THE ASSOCIATED PRESS

Missed target in Canada

Target 'bit off way too much, too early': CFO

If Target Corp. could redo its launch into Canada, it would start with just a handful of stores, instead of the more than 100 it opened last year despite their lukewarm reception, the retailer said Wednesday.

However, Target chief financial officer John Mulligan said the retailer is not changing its plan to have 133 stores in Canada by the end of this year and 150 stores by 2017.

"We bit off way too much, too early," Mulligan said during a conference call with Canadian reporters.

THE CANADIAN PRESS

Latest to ban practice

New Zealand bans shark finning

New Zealand announced it will ban the practice of shark finning, a move the Pew Charitable Trusts said is welcome and will bring the country in line with other developed nations.

New Zealand Conservation Minister Nick Smith said the move will reinforce the country's reputation for sustainability and environmental protection.

The new rules, effective October, will make it illegal to remove fins from dead sharks and dump the carcasses at sea. THE ASSOCIATED PRESS

Bumper cars on a ship? Cruise companies set sail for new market in China

Royal Caribbean's newest ship has attractions not usually seen on cruise liners, including bumper cars, a skydiving simulator and a glass observation capsule on a mechanical arm that lifts its passengers high into the air.

Also a surprise is the vessel's intended home port: Shanghai.

After floating out of a German shipyard last week, the $935-million US Quantum of the Seas will spend the winter running between New York and the Caribbean before moving to its new base next summer in mainland China's financial centre.

It's a gutsy move for the world's second-biggest cruise company. Cruise operators have traditionally sent older vessels to developing countries while saving their most advanced ships for U.S. and European customers. But surging growth in China means it's a market operators can no longer ignore.

THE ASSOCIATED PRESS

Star Cruises ship Superstar Virgo, docked at Ocean Terminal in Hong Kong on Wednesday. VINCENT YU/THE ASSOCIATED PRESS

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DR. MAZEROLLE'S GUIDE TO HEALTHY LIVING

HE SAYS

John Mazerolle
metronews.ca

My doctor wants to undergo a check-up soon, the sort where he treats me like a used car: inspecting the chassis, taking a peek inside and deciding that the motor is not what it used to be.

But I'm not complaining; I need my tires kicked from time to time. Like a car, I'm not a self-starter. I don't clean my apartment unless I know someone's coming over (so, never), and I don't start flossing until I can hear the dentist's footsteps in the next room.

I need to know somebody is going to check up on me or it all goes to hell. So I'm thankful my doctor periodically tells me the various ways I've ruined my life and the excruciating ways I can fix it. Otherwise, it would be worse.

Entering middle age might mean my body is failing, but — lucky you! — my brain is functioning at a youthful level of smugness that allows me to decide how *you* should live *your* life.

Follow these tips for healthy living and you'll leave your check-up with a shiny new inspection sticker from the DMV (Department of Metaphors Vexatious). Vroom vroom.

Highway to Health:
Dr. Mazerolle's guide to healthy living:

Love yourself. Nobody else will do it for you, because you're sort of irritating.

Keep hydrated. Did you know we are 60 per cent water? Try to limit urination, bowel movements, perspiration and breathing to keep all that precious water inside.

Get enough sleep. Notice how much energy teenagers have? It's because they sleep a minimum of 20 hours a day, plus naps. Follow suit and you'll have teen angst, flashes of anger and unwanted sexual feelings just like the good old days.

Meditate. Sitting uncomfortably in one spot, doing nothing and trying to stop even thinking might seem like a colossal waste of time — but not if you meditate about it, apparently.

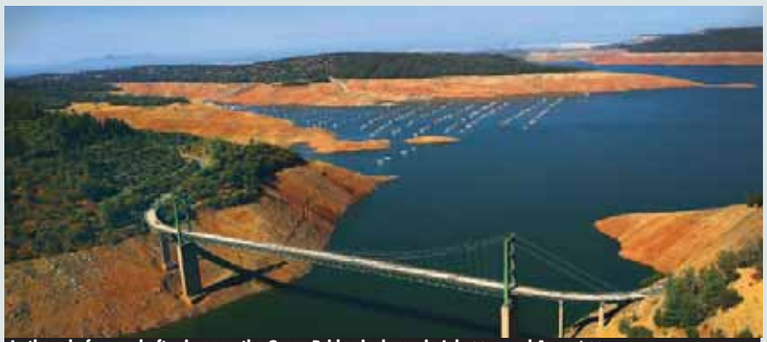
Exercise. Research has shown that the best, most natural rhythm for exercise is a whole bunch of gym visits in January, then a couple in February, then nothing until early summer when you jog outside a couple of times.

Don't binge-watch. Instead, watch small TV shows throughout the day. Stop whenever you feel emotionally satisfied.

Lose weight. Drop your partner and that's 150 pounds right there, am I right? No, seriously, if you break up with your husband or wife you will lose 30 pounds. Ask your doctor if divorce is right for you.

Whatever Dr. Oz says. Kale and magnets together, probably. Go for it. He's a doctor.

A tale of two Californias



In these before-and-after images, the Green Bridge is shown in July 2011 and August 2014.
TOP: PAUL HAMES/CALIFORNIA DEPARTMENT OF WATER RESOURCES VIA GETTY IMAGES; BOTTOM: JUSTIN SULLIVAN/GETTY IMAGES

Drought continues to wreak havoc

A wildfire that scared a community near Yosemite National Park has been tamed by firefighters after some early surges, and some of the more than 1,000 people who fled from their homes have returned.

"We're not seeing the fire expand like we thought," Madera County Sheriff John Anderson said Tuesday after crews had the fire 35 per cent contained.

The fire comes amid California's third straight year of drought, creating tinder-dry conditions that have significantly increased the fire danger around the state and sent firefighters scrambling seemingly non-stop from blaze to blaze.

THE ASSOCIATED PRESS

Challenge challenged

For some, watching people douse themselves with ice water flies in the face of the conservation rhetoric being stressed by officials.

- On Monday, L.A. officials announced that they are beefing up their water-wasting patrols.

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In this issue, you can find AR enhancements on page 30 in Sports

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MetroTube

Bucket #fail list

ANDREW FIFIELD
andrew.fifield@metronews.ca

It's difficult to be too hard on the Ice Bucket Challenge because it's been a fundraising bonanza for ALS, even if the connection is accidental. But now that sports execs and former U.S. presidents are jumping on board, a lot of us are ready for the whole thing to pass. But first, let's wrap up the trend with a collection of frigid foibles and ice bucket calamities endured by less-successful contestants. It's a nice palate-cleanser to get us ready for the next — and hopefully just as successful — charitable shenanigans. Note: there's one instance of some salty language here. Surprisingly, it's not the guy holding a Jameson bottle. (Boredom Bash/YouTube)

ISTOCK

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SCENE 2

High Hopes concert gets a little help to honour fallen friends

The best way they know how. Alberta government lends a hand to help Joshua Hunter and Zackariah Rathwell's bandmates celebrate their memory through music

JENNIFER LARAWAY
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calgary@metronews.ca

Kyle Tenove of Zackariah and the Prophets tunes up in preparation for the Sept. 4 memorial concert for Brentwood's fallen five friends. CONTRIBUTED

On April 15, countless lives were forever altered with the sudden, tragic, and senseless loss of five friends.

Kaiti Perras, Lawrence Hong, Jordan Segura, Zackariah Rathwell and Joshua Hunter were precious, unique, and each on a youthful path full of opportunities. With their lives taken far too soon, there is one thing none of them will be: forgotten.

Keeping their memories alive has a lot to do with the people of Calgary, who have graciously rallied around five heartbroken families. Among those showing their support are Kyle Tenove and Barry Mason, who are former bandmates of Rathwell and Hunter. On Sept. 4, they are contributing their musical talents to the High Hopes concert, which is raising charity and memorial scholarship funds in honour of the five fallen friends.

"After everything happened, none of us knew what to do," explains Tenove, who was the band's bass player. "For everyone involved with Zackariah and the Prophets, music was and is an integral part of all our lives. (Continuing to perform is) the best way for us to express ourselves in such a difficult time.

"For me, and I'm sure for a lot of the people involved with this event, it's the most important show I've ever had the privilege to be a part of."

Pulling the event together did prove more challenging than expected. Organizers had good intentions when they tried hosting the concert at the University of Calgary campus, but the venue fell through. After hearing of their predicament, the Alberta government reached out and helped them secure the Southern Alberta Jubilee.

"Without all of the support, help, and work donated by everyone involved with this event, we definitely wouldn't be where we are today," Tenove says.

"We've learned a lot about perseverance, the power of networking, and about being ourselves. This is an honest event to honour our friends, without it being sombre. We want to celebrate their lives."

The High Hopes concert is named after the group's popular EP song. The show will feature performances by Tenove and Mason, along with the bands Fox Who Slept the Day Away, Jesse and the Dandelions, The Ashley Hundred, and Windigo.

Details

- The concert takes place Sept. 4 at the Southern Alberta Jubilee, starting at 6 p.m. Admission is $25. Proceeds go to charity and memorial scholarships. Visit zatnp.org for details and ticket purchases.

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Charles Dance as Tywin Lannister on Game of Thrones. HBO

GOT on the down-low. Fantasy drama tops list of most-pirated TV shows

More than two months after the last episode of Season 4 was aired on HBO, the fantasy drama Game of Thrones remains the most-pirated show on the Internet, averaging no fewer than 300,000 downloads per day.

According to a report from media analytics firm Semetric, relayed by the Wall Street Journal, episodes of Game of Thrones, at their peak, accounted for more than half of all illegal TV show downloads on file-sharing sites.

The drama even triggered more downloads than all of the music downloads on BitTorrent combined.

Aired in mid-June, the show's season-four finale (The Children) hit two million downloads in just 24 hours. This is a new record for the HBO series, which has claimed the dubious distinction of being the most-pirated TV show for two years now.

A worldwide phenomenon, Game of Thrones recently became the most-popular show in HBO's history, surpassing The Sopranos with its 18.4 million fans.

Scheduled to begin shooting this month, the fifth season will air on the cable network in spring 2015.

The premiere date is expected to be either March 29 or April 5. AFP

Drug bust. Jackie Chan 'heartbroken' over arrest

Jackie Chan apologized to the public Wednesday over his son's detention on drug charges in Beijing, saying he's ashamed and saddened.

The Hong Kong film star wrote on his microblog that Jaycee Chan would have to face the consequences of his actions, but that they would do so together.

"Regarding this issue with my son Jaycee, I feel very angry and very shocked. As a public figure, I'm very ashamed. As a father, I'm heartbroken," Chan wrote.

Jaycee Chan, 31, and Taiwanese movie star Kai Ko, 23, were detained last Thursday, becoming the latest high-profile celebrities to be ensnared in one of China's biggest anti-drug crackdowns in decades.

Jaycee Chan

Police said both actors tested positive for marijuana and admitted using the drug, and that 100 grams of it were taken from Chan's home.

"Jaycee and I together express our deep apology to society and the public," Chan wrote. THE ASSOCIATED PRESS

Emmy Awards

Billy Crystal to pay tribute to Robin Williams

Billy Crystal will pay tribute to Robin Williams, his longtime friend and fellow comedian, at next week's Emmy Awards.

Crystal will honour Williams as part of the traditional "in memoriam" segment for industry members who died during the past year, Emmy executive producer Don Mischer said in a statement Wednesday.

Mischer said the memorial segment during Monday's ceremony will include a performance from Sara Bareilles.

At last year's Emmys, Williams honoured his friend and mentor Jonathan Williams during the tribute segment. THE ASSOCIATED PRESS

iTunes Festival

Month of concerts will stream live

The lineup is nearly complete for the next iTunes Festival, which is set to take place in London throughout the month of September.

Lenny Kravitz, Clean Bandit, Ryan Adams and David Gray have just been added to the program, joining previously announced acts including Pharrell Williams, Kylie Minogue, Maroon 5, Beck, Blondie, Jungle and David Guetta.

The festival will include a series of concerts throughout September at the Roundhouse in London.

All shows will be available to stream live or download on demand on an iPhone, iPad or iPod touch, through iTunes on any computer, or on Apple TV.

For more information, go to itunesfestival.com. AFP

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Frank Miller traces his unlikely success

Sin City 2. Series creator tells Metro how he kept drawing despite the doubters who didn't believe in his style of crime comics

NED EHRBAR
Metro World News in Hollywood

Frank Miller's comics career is a long and storied one, with Sin City being one of his most individual creations.

Here, in his own words, is his journey toward creating the series — and its unlikely jump to the silver screen courtesy of Robert Rodriguez:

On his influences

"I grew up on Superboy comics, and then Spider-Man and that sort of thing, and after a while they started to seem kind of juvenile to me and I lost interest. But I kept drawing. Meanwhile, what I was reading were things like Mickey Spillane and Raymond Chandler. So the two loves merged into doing crime comics, which I thought was just an absolute natural and would go over big.

On his struggles

"I moved to New York, was told to go back home. 'We don't need you. Go pump gas. You're from Vermont. We've got news for you: You're not drawing guys in tights.'

"So I had to learn how to draw guys in tights, and I put them into as many crime situations as I could.

On staying true to what he wanted to do

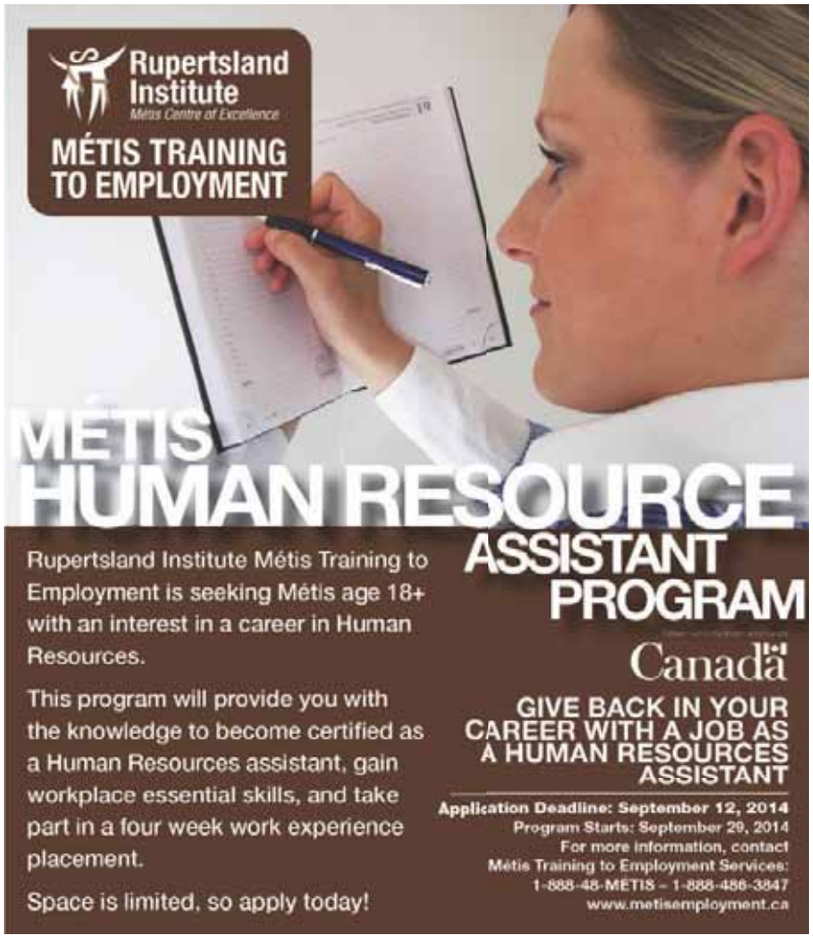
"Then after working in comics and gaining some notoriety and then working in Hollywood, I sat down and decided I would just please myself, and I would do the one comic book that could not possibly be turned into a movie.

"And it ended up being Sin City. Then (Robert Rodriguez) shows up."

All about Alba

Of all the intense characters in the Sin City universe, vengeful stripper Nancy, played in both films by Jessica Alba, might be his favourite — thanks in large part to Alba's performance. He's found it so inspiring, in fact, that he's eager to get to work on a third film. "The original working title for Jessica's story was Nancy's Last Dance, because she had been the abused victim, she had been through the wringer, and she had ended up as many women in her situation do, which is an exotic dancer," Miller says. "This time, she turns into something else. And I've already got her next chapter planned, so please show up for the second movie."

Frank Miller, left, with the cast and director of Sin City 2. GETTY IMAGES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The Jungle Book: Origins
Benedict Cumberbatch to voice Shere Khan

The Andy Serkis adaptation of The Jungle Book, due from Warner Bros in 2016, will have Sherlock star Benedict Cumberbatch as its prowling tiger, Shere Khan.

As a cast member on Star Trek Into Darkness and The Hobbit: The Desolation of Smaug, Cumberbatch is no stranger to generously budgeted blockbuster filmmaking, and Jungle Book: Origins will see him team up with The Hobbit second unit director Andy Serkis once again.

For Serkis, Jungle Book: Origins will mark his first full directorial debut, making good use of his experience with motion capture and computer-generated imagery, with a release date of Oct. 21, 2016.

In contrast, Disney's version of the Rudyard Kipling classic, named The Jungle Book and due Oct. 9, 2015, has The Wire and Pacific Rim icon Idris Elba. As one would expect for the more imminent production, a cast list for The Jungle Book is much more complete, with Mowgli — newcomer Neel Sethi — surrounded by the likes of Bill Murray as Baloo, Scarlett Johansson as Kaa, Lupita Nyong'o as Rakcha and Christopher Walken as King Louie. **AFP**

Benedict Cumberbatch
AFP

Hollywood

Sigourney Weaver to star in A Monster Calls

Sigourney Weaver is set to play grandmother in A Monster Calls. The actress will join Liam Neeson and Felicity Jones on the set of the film adapted from Patrick Ness's children's book, reveals the Hollywood Reporter.

The children's fantasy novel tells the story of Conor, a 13-year-old boy struggling to come to terms with his mother's terminal cancer. It's set for release Oct. 14, 2016.

Ant-Man adds rapper T.I. to cast

Marvel's 2015 project Ant-Man adds rapper and actor T.I. to its personnel, as well as actors from Boardwalk Empire, Archer and Mad Men.

T.I. is releasing his ninth major label hip-hop album — Paperwork: The Motion Picture — in September. **AFP**

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Tom Hanks ALL PHOTOS GETTY IMAGES

Hanks and Wilson split after 26 years of marriage, but reunite a month later

Nobody likes to read bad news about professional nice guy Tom Hanks, but thankfully this has a happy ending.

According to Life & Style, Hanks and wife Rita Wilson hit a rough patch in their 26-year marriage, spending a month quietly separated. "They were leading separate lives. Although they attended social functions and walked their dogs together, they were living in separate residences," a source says.

But the trouble was only temporary, thankfully. "Tom and Rita are not just husband and wife, they are best friends. It will take a lot to split this couple up for good."

Depp's teenaged daughter lands her first starring role

Johnny Depp's 15-year-old daughter, Lily-Rose Depp, is getting in on the family business, having booked her first starring role in a film.

Lily-Rose will play one of the leads in Kevin Smith's next film, Yoga Hosers, along with Smith's 15-year-old daughter, Harley Quinn Smith, as characters that appear in a cameo in his most recent film, Tusk, according to the Hollywood Reporter.

Dad Johnny will also appear in the film.

Johnny Depp

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Friends fear poor Barton is broke and bummed out

NED EHRBAR
Metro in Hollywood

People are really, really worried about Mischa Barton. Again.

The former O.C. star is reportedly in deep financial trouble and can't seem to get her career restarted. Given her past emotional troubles, her friends and family are fearing a relapse, according to Star magazine.

"Mischa's loved ones are concerned for her health and safety," a source says.

"It's extremely heartbreaking. She's broke and ashamed — and I'm afraid that she may try to numb the pain ... Even though she's basically broke, whiskey is cheap and she can use what's left of her money."

Star claims that Barton is more than $100,000 in debt and her $6.4 million Beverly Hills mansion is in foreclosure.

Poor Mischa Barton. It seems like the only way her name gets in the news anymore is when friends are worried about her. If these "friends" cared so much about her, maybe they could spend their time, I don't know, taking her out for a nice dinner or a spa day instead of just griping to the nearest tabloid.

Calvin Harris

Spinning his turntables into buckets of gold

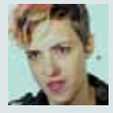
How much can you make standing behind a laptop and some turntables in a Las Vegas nightclub? Much more than you'd think, apparently, as Calvin Harris knows well.

Harris was named the highest-paid DJ in the world for the second year in a row by Forbes magazine. His take-home pay for the past 12 months? Oh, only $66 million US. "The rise of dance music has been astronomical in the last three years. I happened to be in the right place at the right time," Harris tells the magazine, trying to downplay his success.

Rival DJ David Guetta came in second with a paltry $30 million.

Twitter

@bobsaget
For me, every day is John Stamos' birthday.


@samantharonson
A doorbell rang in a movie i'm watching and my dog didn't go barking her way to the front door. what is the appropriate reward?

@TomArnold
What's the name of the holiday that starts when your in-laws leave and lasts until they come back for the High Holy Days? It started today

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IRENE KUAN
life@metronews.ca

Alphonsine is able to support her family harvesting patchouli in Rwanda. PROVIDED

Barb Stegemann was on a trip to Haiti meeting suppliers for her successful perfume company The 7 Virtues when she was introduced to a Rwandan bracelet maker.

The woman told her the bracelets symbolized empowerment for HIV widows who had survived genocide in Rwanda, and with the purchase of that one bracelet, plus an invitation by the Rwanda High Commission to visit the country; the Canadian perfumer was inspired to create her next signature scent — Patchouli of Rwanda.

"Within six months I was holding the woman's hand who made my bracelet and living a dream come true, trekking into the hills of Rwanda to meet our patchouli farmers and being a part of the solution," Stegemann recalls.

The Rwandan patchouli farmers the Canadian company employs are adult orphans and widows of genocide, and through her partnership and investments, Stegemann's hope is the farmers can live with dignity and rebuild in their war-torn communities.

Barb Stegemann PROVIDED

The company has also sourced essential oils for perfumes from countries like Afghanistan, Haiti and the Middle East, investing more than $120,000 into those regions through purchases of oil.

"We as North Americans have the buying power to do some of the heavy lifting to reverse issues of war and poverty in partnership with citizens around the world," Stegemann says.

Patchouli is not an easy essential oil to work with, Stegemann explains, but she feels the scent of the plant evokes a host of '70s hippie sentiments that she loves. For her, the bushy herb symbolizes liberation, democracy and peace.

To truly tap into the democratic process, she travelled to London, New York City and Toronto to consult with beauty writers in designing her latest unisex fragrance.

"I wanted this scent to symbolize that carefree peace and love," she said

To create the new scent, the natural patchouli oil is blended with hints of cedar flower, freesia, red grapefruit and hibiscus, creating a refreshing Canadian-produced vegan and paraben-free perfume.

Patchouli of Rwanda is the fifth fragrance from The 7 Virtues, a startup launched by Stegemann in 2010 in Nova Scotia. She went on to pitch successfully to CBC's Dragon's Den, securing $75,000 investment from entrepreneur W. Brett Wilson and was named the show's Top Game Changer for Season 5.

Today, the company has offices in Toronto and London, U.K. and the company's line of Canadian-made fragrances are available at The Bay in Canada and in high-end department stores such as Lord & Taylor in New York City, Selfridges in London, and Galeries Lafayette in Berlin.

Take charge of change

> **"We as North Americans have the buying power to do some of the heavy lifting to reverse issues of war and poverty in partnership with citizens around the world."**
>
> Barb Stegemann
> Founder of The 7 Virtues

Newest fragrance

Patchouli of Rwanda launches on Sept. 21, in honour of The International Day of Peace. The fragrance is available at The Bay in Canada and retails for $70/50ml.

The 7 Virtues line

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It might already be late August, but you can stretch out summer for as long as possible with just a few quick updates and key pieces

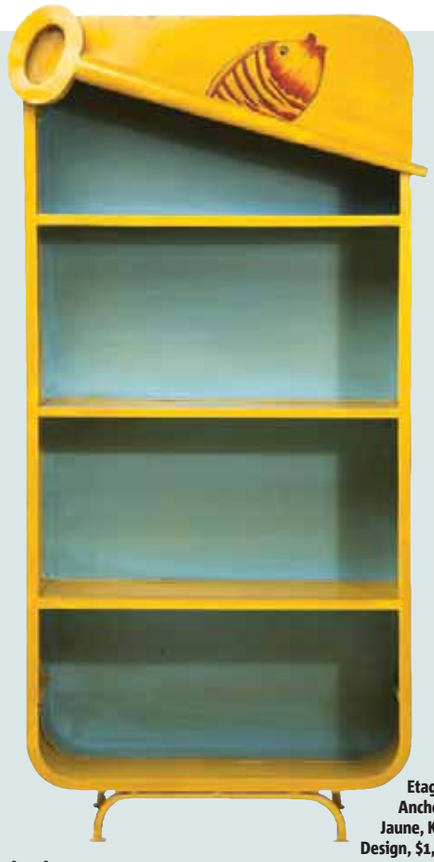
AFP

Make summer stay just a little bit longer

Carry a tune

Irish designer Orla Keily works her summery magic on this retro-style radio with a multi-coloured leaf motif. The radio is both digital and FM, and also acts as a kitchen timer, alarm clock and an input for iPods and MP3 players.

Evoke Mio Radio, Orla Keily, approx. $273 ORLA KEILY



Etagère Anchovis Jaune, Kare Design, $1,075 PRESS LOFT

Splash out

Inject some seaside surrealism into your sanctuary with this fun and quirky shelving unit from Kare Design. Fabricated from bright yellow painted metal, the storage system is 1.72 metres tall.

Put on the spot

Tropical, bold and vibrant, this silk throw from Italian design magnate Roberto Cavalli will ward off any chilly fall vibes for months to come. Featuring a floral motif on a turquoise background, the underside is covered in a feisty leopard print for added glamour.

Roberto Cavalli Floreale Silk Throw, $1,458 ROBERTO CAVALLI

Crush hour

This transparent mojito mixer from Parisian design concept store Merci features an easy-to-handle pestle doubling as an ice crusher.

Mortier à Mojito, Merci, approx. $44 MERCI

In the loop

This chic pink hose is 20 metres long and features a knitting-reinforcement around the inner tube for added flexibility. Also available in silver, black, white and gold colours.

Pipe Dream, Garden Glory, approx. $160 JONATAN FERNSTROM, SWEDEN/GARDEN GLORY

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My decorator wish book has arrived!

The annual Ikea catalogue has dropped in houses around the world. That means there are millions of us sticking Post-it notes and bending page corners to stake claim to our favourite home decor design items. This fall I'm all about outfitting the bedroom with smart, stylish and space-saving items. Here's where my catalogue pages are dog-eared

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Fave dresser

Used as a nightstand on each side of a bed or as a standalone in a foyer, this stylish staple simply pops in persimmon orange. Hemnes 3-Drawer Dresser, $169, ikea.ca.

Sleep on it

Hydraulics allow your mattress to rise and offer up incredible storage space — about four large dresser drawers' worth! — for your tiny bedroom. Malm Pull-Up Storage Bed, $399, ikea.ca.

At the end of the bed

Practice your core exercises and gymnastics skills at night and use as a narrow bench at the end of your bed in the morning, or vice versa. PS Balance Beam Bench, $69, ikea.ca.

Best deal

This two-seater is the most stylish place to pile your clothes all week. Then after laundry day you can sit on it too! Knopparp Loveseat, $149, ikea.ca.

Valet service

Replace the dusty silk tree in the corner of your bedroom with this zinc and metal coat tree. It's the perfect way to prepare your outfit for tomorrow morning. Hemnes Hat & Coat Rack, $69, ikea.ca.

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Saving money over the long term

Big Top Roofing and Exteriors

Hail damage has taken a toll across southern Alberta, with communities getting battered by extensive damage. However, David Bellingham, with Big Top Roofing and Exteriors, is helping raise awareness about the best type of roofing protection homeowners can buy to save money and lower insurance premiums.

Bellingham has run the company for 17 years and has established it as a respected brand around Calgary and southern Alberta.

Southern Alberta is in a hail belt and storms can cause millions of dollars of damage every year.

A hailstorm in Airdrie could end up costing insurance agencies and homeowners up to $100 million. The Insurance Bureau of Canada deemed the storm "catastrophic." Some insurance agencies estimate that insurance premiums could shoot up by 20 per cent.

To help combat the hail damage, Bellingham recommends installing Cambridge IR shingles, which are made with an SBS additive that makes this shingle highly resistant to hail impact. This product comes with a limited lifetime warranty.

"In the past year we have installed a few new roofs with the Cambridge IR shingles," Bellingham says. "Particularly in areas that were hit very hard with golf ball-sized hail. When doing inspections on these homes we found the siding and eaves were very damaged, but the roofs we did with the IR shingles were undamaged. We also noted that on other homes we inspected in the same areas that the shingles were heavily damaged across most of the other suppliers."

Even better for those living through storms, the shingles are able to withstand winds from 177 km/h to 210 km/h.

With colours ranging from slate to brown to Biscayne, the shingles can be used with any style of home.

The bigger, laminated shingles provide more durability and can last longer, saving money for homeowners.

Many clients look at the short-term cost of fixing their roof instead of the more practical longer approach, Bellingham says.

A report from the Insurance Bureau of Canada estimates the major hailstorm that hit Calgary in 2013 cost insurers $550 million, which means insurance companies are forced raise premiums to make up for the cost of repairs. The recent storm in Airdrie could create the same issue.

What's the benefit of getting hail-resistant roofing? A lower insurance premium for homeowners and, in most cases, increased property value.

Forget what you know about pasta

This recipe serves four. ROHIT SETH

Beet Ravioli with Basil Sauce. Eating raw isn't all about lettuce wraps. There are exciting ways to abide by raw rules while surprising guests

Angus Crawford and Chelsea Clark, authors of Rawlicious at Home, recommend soaking the nuts used in the Cashew Cheese and Basil Sauce in about three inches of water, uncovered at room temperature. Cashews should be soaked for four hours and pumpkin seeds for six.

Cashew Cheese

1. Place everything, except the water, in a food processor and process until combined.

2. Add the water and process until smooth.

Basil Sauce

1. Blend all ingredients in a blender until smooth.

Beet Ravioli

1. Use a mandoline to thinly slice the beets. You will have some extra slices that are irregular or not complete. Select the best ones and match up in pairs for the top and bottom of each ravioli.

2. Combine the olive oil and lemon juice in a bowl, and add the beet slices. Marinate the beets for 30 minutes to soften.

3. Mix the cashew cheese with the dill.

4. Remove the beet slices from the marinade and lie flat on a cutting board. Drop 1 tsp cashew cheese in the center of half the slices.

5. Lay the remaining beet slices on top of them. Use your hands to press down and seal the edges of each ravioli, wetting your fingers with a little water to help them stick.

6. Serve with a drizzle of basil sauce overtop.

RECIPE EXCERPTED FROM RAWLICIOUS AT HOME BY ANGUS CRAWFORD AND CHELSEA CLARK © 2014 COMPANY 11 INC.

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Ingredients

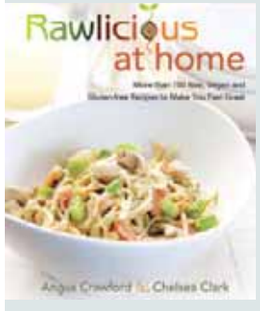
Cashew Cheese
- 2/3 cup cashews, soaked
- 1 1/2 tsp fresh lemon juice
- 1/2 clove garlic, chopped
- 1 1/2 tsp nutritional yeast
- 1/2 tsp sea salt
- Pinch ground black pepper
- 1/4 cup filtered water

Basil Sauce
- 1/4 cup extra virgin olive oil
- 2 tbsp filtered water
- 2 tbsp pumpkin seeds, soaked
- 1/2 cup fresh basil
- 1 tsp fresh lemon juice
- 1/2 clove garlic
- 1/4 tsp ground black pepper
- Pinch sea salt

Beet Ravioli
- 6 large beets, peeled
- 4 tbsp extra virgin olive oil
- 2 tbsp fresh lemon juice
- 2/3 cup Cashew Cheese
- 3 sprigs dill, chopped
- 1/2 cup Basil Sauce

Cookbook of the Week

Take the cooking out of dinner



Going raw may seem intimidating, but Rawlicious at Home by Angus Crawford and Chelsea Clark makes it simple with its easy-to-follow directions, beautiful imagery and informative sections that explain the tools and methods you will use.

The book boasts more than 100 raw recipes that are also gluten-free and vegan. Among the dishes are Corn Chowder, Don't Be Chicken Salad Sandwich, Lasagna, Spring Rolls, Mexican Pizza, Carrot Cake Bites and more.

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How to have awesome teen skin

Skin care tips. Get back to school with a clear complexion

JANINE FALCON
For Metro

Going back to school with a blemish problem isn't on anyone's list of Awesome Things. In teen minds it's very simple: I have bad skin, if I have acne; I have good, skin if I don't have acne," said Leala McInerney, senior educator for Dermalogica.

"Teens rank facial skin appearance above having fun and enjoying life," she added. The right combination of regimen and ingredients can reduce breakouts and redirect teen focus from their faces to good times (which hopefully include good grades).

Lifestyle matters

Stress, lack of sleep, and what teens eat can show up on their skin. According to Dr. Paul Cohen, a noted Toronto-based dermatologist, dairy products can trigger breakouts, especially for females; sugar and high-glycemic foods can spike insulin levels to throw pesky hormones out of whack. Not good — Dr. Cohen blames teen breakouts on raging hormones.

Set a routine now

Establishing a solid routine of cleansing, treating, moisturizing, and protecting skin in the teen years is crucial, whether or not blemishes are an issue.

Know your ingredients

Doctor-approved topical ingredients that, with daily use, minimize mild to moderate periodic teen breakouts include benzoyl peroxide and salicylic acid. Benzoyl peroxide kills bacteria that causes acne inflammation and evicts dead cells before they can clog pores. Derived from willow bark (like Aspirin), salicylic acid is a beta-hydroxy acid that helps prevent clogged pores, too. Tea tree oil has antibacterial properties that some people find effective for chasing away mild breakouts. Charcoal and kaolin clay absorb excess oil; they're used in cleansers and masks to help grease-prone skin feel clean yet soft. (Kaolin is sometimes used in makeup, too.) Silica, a mineral, also absorbs excess sebum and is usually found in makeup that helps keep oily complexions feeling fresh.

Be gentle with skin

Resist the urge to dry out acne-affected areas, which forces skin to heal itself as it recovers from the inflammation of a breakout, too.

Step up your regimen

A consistent, multi-step program is the most efficient way to deliver small doses of ingredients gently to the skin. A mild cleanser removes grime and excess sebum to prep without stripping. A medicated toner helps ingredients penetrate the top layer of skin because it's liquid and thus easy to absorb. A light, oil-free moisturizer can provide essential hydration and simultaneously keep anti-blemish ingredients in contact with skin to prevent eruptions.

Stick with sunscreen

UV rays on blemished skin can result in stubborn dark spots teens will regret later. Even worse, "burns and sun-related skin damage that occurs before the age of 18 significantly raises the risk of skin cancer later in life," stresses Dr. Cohen. Use SPF 15 or higher, and follow re-application directions.

Consonant Masque DHE Mask, left, and Aveeno Clear Complexion BB Cream.

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Cohon stepping down from CFL job in April

Mark Cohon's eighth season as the CFL's commissioner will be his last. GETTY IMAGES FILE

Eight seasons.
Commissioner's legacy includes lucrative TV deal, new labour deal

One of the CFL's longest-serving commissioners is leaving the post.

Mark Cohon will not return for a third term when his current contract expires in April 2015. Now in his eighth season as CFL commissioner, only Jake Gaudaur (1968-1984) and Sydney Halter (1958-1966) have held the position as long.

Cohon, 48, says he made the announcement now to give the CFL's board of governors time to recruit his replacement.

A lucrative television deal, the return of Ottawa to the CFL, labour peace until 2018, a more stringent drug-testing policy and new stadium projects in Saskatchewan, Winnipeg, Hamilton and Ottawa will be among Cohon's legacies.

"Those were all things that were major projects to move this league along," Cohon told reporters Wednesday on a conference call.

"The thing I can be proud of is we built this great foundation for the next individual to build upon and for the board of governors to build upon."

The weak position of the Argonauts in Toronto's sports landscape and expansion into Atlantic Canada are unfinished business for Cohon, and a concussion lawsuit against the CFL was filed last month.

Cohon says he will continue to work on improving the Argos' situation before he departs.

"What's next for me is looking (at) tape on Monday, doing discipline on Monday, closing sponsorship deals and getting ready for the Grey Cup, making an announcement on who the halftime act is at the Grey Cup and focusing on the business at hand," he said.

"I haven't even thought what's next for me. I'm confident in my abilities in terms of thinking about what I can do. That will be another chapter, another story and another interview for another time."

He took over as commissioner in 2007 from Tom Wright and signed a contract extension in February 2012.

During the 100th anniversary of the Grey Cup in Toronto that year, he told reporters, "I'm happy where I am, I'm challenged and I hope to be around for a while." THE CANADIAN PRESS

In the money

$40M

The five-year television deal with TSN and RDS worth a reported $40 million per year gives the CFL unprecedented financial stability.

Quoted

"It's not a shock. It's a reality of business. We're in a much better position today after Mark's tenure."

Jim Lawson, chairman of the board of governors

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Jays breathe a short sigh of relief, at last

Homebound. Road trip from hell ends on a good-note win over Brewers in Milwaukee

The Blue Jays' Munenori Kawasaki scores past Brewers' catcher Jonathan Lucroy on Wednesday in Milwaukee. MORRY GASH/THE ASSOCIATED PRESS

The Toronto Blue Jays are heading home with a sense of relief.

Outslugging one of the best teams in the National League can ease the sting of a 2-6 road trip.

Jose Bautista's three-run homer capped a five-run sixth inning, and Toronto snapped the Milwaukee Brewers' five-game winning streak with a 9-5 victory Wednesday.

It's time to start chipping away again in the AL East after falling a season-high nine games out of first entering the day.

"This has not been a good road trip for us; anybody will tell you that," starter R.A. Dickey said. "The home run by Jose was the difference and you could kind of hear a collective sigh on the bench."

Bautista hit a 1-2 pitch from reliever Brandon Kintzler into the Brewers' bullpen in right field, scattering pitchers from their seats. The two-out homer made a winner of Dickey (10-12), who gave up five runs in 5-2/3 choppy innings.

"In reality, that's baseball. You go through these stretches," said manager John Gibbons. "It doesn't take much just to miss a ball."

Dickey left after Carlos Gomez's two-run homer in the bottom of the sixth made it 7-5. The bullpen held on from there, and Toronto got some extra cushion after Colby Rasmus hit a two-run homer, his 16th of the year, in the ninth.

The Blue Jays out hit the NL Central leaders 15-10.

Brewers manager Ron Roenicke pointed back to the sixth as a turning point.

"So, tough inning, you know we come back, and Gomey gets the two points and we get a little closer, and we give up another homer. So we just didn't pitch that well today," he said.

After an off-day, Toronto returns home to face the Tampa Bay Rays on Friday. Right-handed pitcher Marcus Stroman (7-4) will try to rebound from a rough outing after he failed to get out of the first and allowed five runs on Aug. 15 to the White Sox.

THE ASSOCIATED PRESS

AUGMENTED REALITY

→ Scan the image with the Metro News app for more from Wednesday afternoon in the MLB.

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→ See the full instructions on Metro's Voices page.

LLWS. Vegas reaches final with 8-1 win over Philly, Mo'ne and all

Dallan Cave and Brennan Holligan hit two-run homers, lefty reliever Austin Kryszczuk got out of two big jams, and Las Vegas beat Philadelphia and star pitcher Mo'ne Davis 8-1 in the Little League World Series on Wednesday night.

That puts Las Vegas in Saturday's U.S. title game and sends Philadelphia into an elimination game on Thursday night against Chicago's Jackie Robinson team. The Great Lakes champion beat Pearland, Texas, 6-1 on Tuesday night in an elimination game.

Davis allowed three runs and six hits and struck out six in 2-1/3 innings before leaving after 55 pitches.

The grassy hill beyond the outfield fences at Howard J. Lamade Stadium had so many fans in lawn chairs it looked like the bleacher section at any ballpark as 34,128 fans craned to see every pitch.

Mo'ne Davis GETTY IMAGES

"Last week, this week, maybe next week, she's owned the sports conversation," Sports Illustrated manager editor Chris Stone said. "How often do you get to say this about a 13-year-old girl?" THE ASSOCIATED PRESS

Beijing 2008

Armstrong finally gets his bronze

A long wait is coming to an end — Canadian shot putter Dylan Armstrong has been awarded a third-place result from the 2008 Beijing Games.

"As a result of a lifetime ban of shot putter Andrei Mikhnevich by the International Association of Athletics Federations (IAAF), the International Olympic Committee has awarded Armstrong the Olympic bronze," the Canadian Olympic Committee said in a statement.

Mikhnevich, of Belarus, originally finished third.

Upon a second doping offence, an athlete automatically receives a lifetime ban from the IAAF. THE CANADIAN PRESS

Canada's Magali Harvey gets tackled at the women's rugby World Cup final in Paris on Sunday. Harvey was named player of the year. ALAIN JOCARD/AFP/GETTY IMAGES

Women's rugby seeking to stay in the limelight

Moving on. Coach, players hope second place in the World Cup sparks interest in game

With a second-place finish at the women's rugby World Cup, Canada showed it deserved a place among the sport's elite teams.

Figuring out how to stay there is the next challenge, and it could be a big one.

The Canadian women's team received unprecedented exposure during its run to the final of the World Cup, which ended in a tough 21-9 loss to England on Sunday. Canada's games were televised live, and winger Magali Harvey's brilliant 100-metre try against France in Canada's semifinal win made highlight reels across the country. Harvey was even named player of the year.

It remains to be seen how Rugby Canada builds on the historic World Cup performance. The precedent set by the sustained interest in women's soccer after Canada's bronze-medal performance at the London Olympics could serve as a possible model.

"The fact that it was shown on TV is going to make a huge difference, because women around the world and especially in Canada got to see what we were doing on the field and see what it was all about," Harvey said in a conference call Wednesday. THE CANADIAN PRESS

Quoted

"It's identifying more talent and developing more players in the key positions. This is the key for the next three years."

Francois Ratier, head coach of the Canadian women's rugby team

NHL. Draft lottery gets a makeover for 2015, 2016

The NHL draft lottery will have a slightly different look next year and a drastically different one in 2016.

The NHL announced changes to the draft lottery that will more evenly balance out the odds of teams drawing the No. 1 pick.

Beginning in 2015, the team that finishes with the fewest points will have a 20 per cent chance down from 25, the second-lowest 13.5 down from 18.8, the third-lowest 11.5 down from 14.2 and the fourth-lowest 9.5 down from 10.7.

The 10 other teams will have increased odds of picking first.

Beginning in 2016, the NHL's draft lottery will resemble the NBA's, where the first three spots are up for grabs. The team with the lowest point total could drop as far as fourth, instead of second under current rules. THE CANADIAN PRESS

Browns

Hoyer gets the starting job

Brian Hoyer barely held on to the starting job.

Hoyer will open the season as Cleveland's starting quarterback after winning his summer competition over Johnny Manziel, the hotshot rookie and social-media sensation whose NFL career is off to a shaky start.

Browns coach Mike Pettine picked Hoyer over Manziel to start Sept. 7 at Pittsburgh, finally ending a competition that dragged through the summer. Hoyer is the choice for now, but the real test for him will be how long he keeps it from Manziel.

"He was the clear leader from the beginning," Pettine said of Hoyer. "We've maintained all along that if it was close, I would prefer to go with the more experienced player." THE ASSOCIATED PRESS

Big, big money

Cowboys worth a whopping $3.5B

Forbes says the Dallas Cowboys are the first U.S. sports franchise to top $3 billion US in value.

For the eighth straight year, the Cowboys are worth the most of all 32 NFL franchises, valued at $3.5 billion. Only Real Madrid at $3.7 billion is worth more among global franchises.

The average NFL franchise value for 2014 is $1.56 billion, the highest in the 17 years the business magazine has tracked professional football. That shows a 23 per cent increase, the largest in one year since 1999.

New England is second in value at $2.8 billion, followed by Washington ($2.6 billion) and the New York Giants ($2.3 billion). At the bottom is St. Louis at $1 billion. THE ASSOCIATED PRESS

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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
The Sun's imminent move into the wellbeing area of your chart suggests you may feel sluggish over the next few days. It's your body's way of telling you to slow down for a while.

♉ Taurus
April 21 - May 21
Over the past few weeks, cosmic activity in a sensitive area of your chart has made it hard to be positive. That will change on Saturday.

♊ Gemini
May 22 - June 21
Duties will take up a large slice of your time today, time you would no doubt prefer to spend socializing. Do what has to be done and do it well.

♋ Cancer
June 22 - July 23
The Sun's change of signs on the weekend will get your mind moving faster and expand your vision as well. You will begin to see good things you missed over the past few weeks.

♌ Leo
July 24 - Aug. 23
The Sun leaves your birth sign on Saturday, which means you need to get serious about issues that up until now you have treated as a joke.

♍ Virgo
Aug. 24 - Sept. 23
A new solar year begins for you in 48 hours time and if you want to get it off to a flying start you must clear as much junk out of your life as is humanly possible.

♎ Libra
Sept. 24 - Oct. 23
The planets warn you need to accept that you won't be able to do everything, no matter how carefully you manage your time. Get help or scale back on your ambitions — or do both.

♏ Scorpio
Oct. 24 - Nov. 22
A loved one may behave irrationally but take it in stride. Sometimes people do things that don't make any sense. You've done it a few times too.

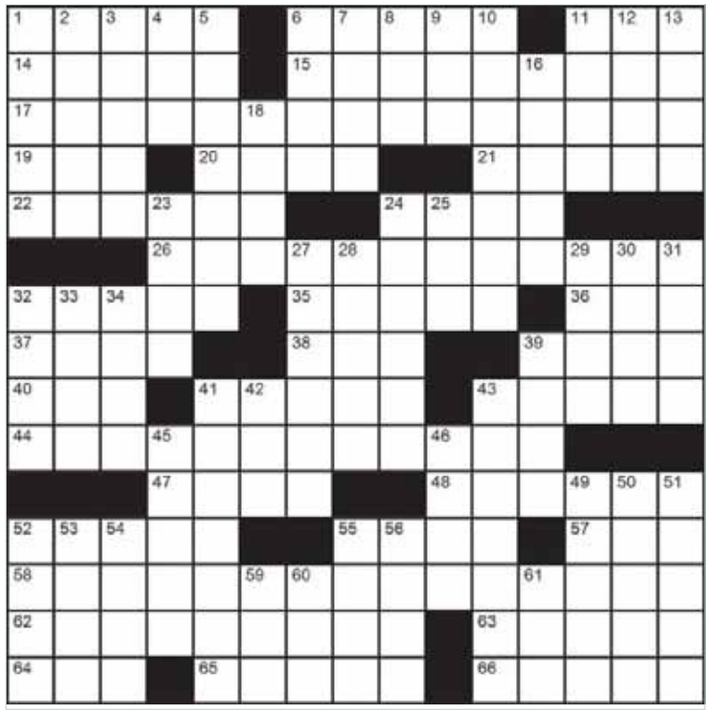
♐ Sagittarius
Nov. 23 - Dec. 21
On the weekend, the Sun moves into the career area of your chart and already you are thinking of ways to impress important people. Don't be so ambitious that they worry you might be after their job.

♑ Capricorn
Dec. 22 - Jan. 20
There are things that need to be said and Pluto in your sign, linked to communications planet Mercury, will help you find just the right words. Only concern yourself with the truth.

♒ Aquarius
Jan. 21 - Feb. 19
If you have to sign something today make sure you check the small print, because there could be some nasty surprises if you don't take care.

♓ Pisces
Feb. 20 - March 20
Whatever you focus on today will go from idea to reality quicker than you expect. Make sure your thoughts are positive.

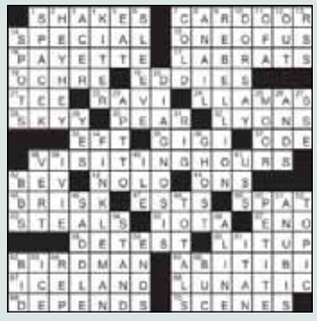
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Heavenly herald
6. Acquire, as debt
11. Brad Paisley trophy, e.g.
14. Thousand: French
15. New Brunswick attraction, Cape __ Nature Centre
17. Types of Canadian archaeology digs: 3 wds.
19. Enlightenment in Buddhism
20. Highlander's skirt
21. Opera classic: "_ __ Mio"
22. Admiration
24. Exceptions
26. Internet intrusions: 2 wds.
32. Soaking spots
35. __-soprano (Operatic voice)
36. One: Spanish
37. Cook's collage
38. Gambling game, __ Gow
39. "American Idol" champ Mr. Allen
40. "East of Eden" (1955) brother
41. Tiny Fey impersonation, Sarah __
43. Hi and Lois' comical son
44. RASC = Royal __ Society of Canada, since 1868
47. __-daisy!
48. Flowery
52. Audibly astounded!
55. Pout
57. WWII soldiers
58. Middle East's ancient civilization region: 2 wds.
62. "Cars" singer: 2 wds.
63. A.A. Milne character
64. Puny day parts
65. Miffy moods
66. 'Harry Potter' movies director David

Down
1. Astonish
2. Dressed to the __
3. Spark of light
4. Slippery __
5. Paleoanthropologists Louis, Mary and Richard
6. Four-in-a-row letters
7. "__! __ simply cannot be!" (Impossible!)
8. __-de-sac
9. Internet site
10. Creamy rice
11. He who declared "Carthage must be destroyed."
12. Honey: French
13. Newfoundland: L'__ aux Meadows
16. __ __ spot (Fault-ily dust)
18. Branch
23. Reverberate
24. Bobby __: "Where I Belong" singer from Mont-Laurier, QC
25. Pretzels brand
27. Hire
28. Adjust an arrow
29. Abrupt
30. Create a cardigan
31. Ho-hum
32. __ Raton, Florida
33. "Such a shame."
34. Pinball infraction
39. Firing furnace
41. "Mary __" (1964) starring Julie Andrews
42. Years: French
43. Twinkle, twinkle... Beaver Hills __-__ Preserve, in Alberta
45. Not in top form
46. Singer Natalie
49. Showbiz bigwig
50. Hint of hue
51. "Como __?" = "How are you?" in Spanish
52. Kabul locale, briefly
53. Cars: __ shift
54. Train stn. postings
55. Hightail it
56. Pots
59. Montreal's 'Monday', mini-ly
60. Music label
61. Canuck motorists org.

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

					7	4		5
4	2		5	8				3
	3							
7		1			4	8		
8								6
		5	8			7		9
							7	
2				5	1		9	8
6		3	9					

Yesterday's Sudoku

4	1	3	5	8	7	2	6	9
2	7	9	3	4	6	5	1	8
8	5	6	1	2	9	4	7	3
1	8	4	9	7	2	3	5	6
9	6	7	8	5	3	1	4	2
3	2	5	6	1	4	8	9	7
5	3	2	7	9	1	6	8	4
7	4	8	2	6	5	9	3	1
6	9	1	4	3	8	7	2	5

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14J534

HOT! 2008 DODGE CHALLENGER
SRT8! RARE! LOADED!
27,000 KM
14J453A

HOT! 2012 JEEP COMPASS
LEATHER • LOADED!
26,000 KM
14J509A

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$19,998
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2014 DODGE DART SE
14C033
$16,998
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JOE CHIARIZIO
48 YEARS

BILL DODDRIDGE
42 YEARS

AARON SNOWIE
8 YEARS

PARM RAMCHARAN
24 YEARS

GLEN BARRETH
PRESIDENT
45 YEARS

ROB COLEMAN
GENERAL MANAGER
20 YEARS

GERRY WOOD
DEALER PRINCIPAL
BIG 4 MOTORS

MARTIN VENNERI
SALES MANAGER
8 YEARS

DARCY SCHINNOUR
SALES MANAGER
18 YEARS

AHMED MANSOUR
8 YEARS

PHIL LAWRENCE
22 YEARS

NORM BELLEFLEUR
25 YEARS

JIM NARFASON
22 YEARS

SCOTT CLAY
4 YEARS

DAN MILLS
21 YEARS

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*No purchase or registration necessary. Contest opens at 12:01 AM PST and closes at 11:59 PM PST on August 21, 2014. Open to age-of-majority residents of Canada at time of entry. One prize consisting of a voucher for one round trip flight for two people from any Canadian WestJet destination to anywhere WestJet flies (maximum value of $2,900 CAD – although the actual value will depend on the destination chosen and time of booking from originating city). Odds of winning depend upon the number of eligible entries received. Skill-testing question required. For full contest rules, visit www.runforthecure.com/contest. †Canadian Breast Cancer Foundation, Run for the Cure and pink ribbon ellipse are trademarks of the Canadian Breast Cancer Foundation.

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